

Dear SOMHELP Members,

I hope everyone had a very enjoyable holiday season. 'Tis now the time of year for resolutions...and many of those resolutions have to do with eating better. For the next few SOMHELP e-mails, I will be concentrating on ways to incorporate healthy eating into everyday life.

First up is incorporating more fruits and vegetables. Whole fruits and vegetables are nutritional powerhouses, including fiber, vitamins, antioxidants, and much more. They are also usually low in calories. Look for in-season fresh fruits and vegetables: http://nutrition.suite101.com/article.cfm/winter_fruits_and_vegetables; frozen or canned (with no added sodium or sugar) are also excellent choices. Here are some handy tips on getting more fruits and veggies in your everyday meal routine.

1. Try one new fruit or vegetable per week. Variety is key!
2. Keep washed, ready-to-eat fruits and vegetables on hand and easily accessible. On the run? Take a bag of fruits and vegetables with you as you go out the door.
3. Serve fruits and vegetables with other favorite foods.
4. Add vegetables to casseroles, stews, and soups; and pureed fruits and vegetables to sauces. Include vegetables in sandwiches and pastas.
5. Sprinkle vegetables with Parmesan cheese or top with melted low-fat cheese.
6. Experiment with different methods of cooking fruits and vegetables.
7. Enjoy vegetables with low-fat dip for a snack.
8. Try commercial pre-packaged salads and stir fry mixes to save time.
9. Drink 100% fruit juice instead of fruit-flavored drinks or soda.
10. Serve fruit for dessert or as topping for dessert.
11. Keep a bowl of apples, bananas, oranges and other in-season fruits on the dining room table or another location where they will be "in-sight, in-mind."
12. Choose a side salad made with a variety of leafy greens.
13. Bake with raisin, date or prune puree to reduce fat intake and increase fiber consumption.
14. Order vegetable toppings on your pizza.
15. Sip fruit smoothies for breakfast or snacks or sip on tomato juice for dinner.
16. Make a fruit salad to try many different types of fruit at once.
17. Learn to recognize a serving of fruits: a medium-sized piece of fruit or ½ cup of most fresh, canned or cooked fruits and vegetables.
18. Start your day with fruit. For example, add fruit to cereal or yogurt or pile it on waffles. Add vegetables – tomatoes, onions, potatoes – to an omelet or scrambled eggs.
19. Top meat and fish with salsa made from tomatoes, onions, corn, mangoes or other fruits and vegetables.
20. Try vegetarian choices: vegetable stir-fry, bean burritos, etc.

This information is courtesy of Today's Dietitian, September 2008, Pamela S. Brummit, "Antioxidants: Fruitful Research and Recommendations."

For more, please visit: <http://www.fruitsandveggiesmorematters.org/>.

Information contained in the SOMHELP e-mails is general in nature, and not intended to diagnose, treat, cure, or prevent any disease. As always, you should consult with your healthcare provider before making any changes.

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